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School of Medicine Student Senate, New York Medical College

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THE ????????????

A newsletter for students from the NYMC School of Medicine Student Senate

Volume 1, Issue 1

Aug 2015

Introducing...

The ????????????

A brand new newsletter for medical students to keep up to date on the happenings in and around NYMC!

Including news from the Student Senate, Medical Education, Student Affairs, and each Medical Student Class.

Read more to find out why the name of the newsletter has so many question marks!

Welcome Class of 2019!



Congratulations!! You made it!

You can finally put behind the dreadful MCAT, AMCAS, secondaries, and interviews, and begin your first year as a medical student! Most of you are probably in an emotional rollercoaster about coming to medical school: nervous, excited, confused, anxious, curious, scared, happy, or whatever else you are feeling right now.

But you aren't alone! I was in your shoes just a year ago and I know exactly what you're going through. Which is why I would like to give you guys some helpful tips and general advice to calm your nerves a little and get you prepared for your first year!

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Message from Our Dean of School of Medicine!



It's great to again see the medical students at New York Medical College take the lead, and launch this newsletter. The MD Student Senate leadership and others communicate regularly & effectively on issues related to academics and student life, but this new newsletter is a valuable communications enhancement.

When I was a student looking at universities, I applied to only two – McGill Faculty of Medicine in Montreal, and Carleton School of Journalism in Ottawa. I've always wondered about what my life would have been if karma had pointed me in another career direction.

Fortunately, our medical students with a journalistic bent can now have the best of both worlds. I wish the editors, the contributors and the readers of this important new publication well.

We all look forward to hearing the voice of *The ??????????*.

D. Douglas Miller, MD, CMD, MBA

Ask P Anything

by Joshua Sterling

Is there a burning question that you feel the student body just needs to know the answer to?

Just ask **Mr. President.....**

This may be the first edition of this column but I think I can guess the question that is currently on everyone's mind; **What's up with parking?**
The short answer is I'm not entirely sure. But, I am working hard in conjunction with the SOM and NYMC administrators to get you all some clarity on the situation.



Here's what I know so far:

- All students living on campus will have to pay \$240 to park their vehicle in the housing/hospital lots. Spouses of students can also purchase a parking pass for \$240
- M1 and M2 students living off campus are considered Full-time commuters (\$120)
- M3 and M4 students living off campus are considered part-time commuters (\$60)
- The fees will be used for repairs and upkeep of the two housing lots as well as the BSB lot
- The housing lots are now only for students living in housing. Sunshine cottage employees are no longer allowed to park in the West housing lot and have been moved to an employee parking lot.
- Parking passes are good for one year August 31-July 1. And at this time there is only an option for a year pass.
- Parking passes are not transferable between students
- Subletters will still have to park in the BSB lot
- Stay tuned for updates concerning payment.

As I continue to get answers I will continue to pass along updates to the student body.

Until next time
-JS

Please send all questions to joshua.sterling@nymc.edu
with the subject line **Ask P Anything**



Name This Newsletter!

We are having an **open naming competition** for *The ??????????* !!

The winner will receive \$100 in CASH!

Please submit all name ideas via email to Paul: Seung_Jeong@nymc.edu

The name will be picked by Dean Miller, Dean Koestler, Dean Rachlin, Joshua Sterling, Lydia Bunker, and the rest of Student Senate.



The Times They are a Changing

by Joshua Sterling

You don't have to look far to see the changes happening around campus and no I am not talking about the return of the Geese. These changes don't just happen by themselves. They are the result of hours of sweat and effort put in by some **VERY dedicated faculty members**. So if you see any of these people on campus please just give them a quick, **"Thank you"**

The clinical skills center may have only been open for less than two years but it quickly infiltrated all four years of the NYMC curriculum. Things didn't always go as planned the first time around but the adaptable and ever upbeat staff never wavered. I for one would like to say thank you, STEP 2 CS was a cakewalk compared to the M3 clinical competency exam you put us through. If



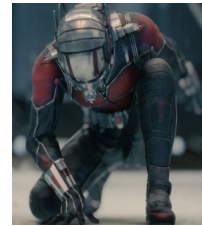
you guys see **Katharine Yamulla** (Front and center), **David Patterson** (left), and **Dr. Martinez** (not pictured) let them know we appreciate their work

Some of you may have noticed that **the library** is undergoing some minor renovations. We can all thank **Marie Ascher** for that. She has relocated all the books that were in that space and is increasing the amount of study space in the library. She was also instrumen-

tal in increasing the number of hours the library is open. Marie is also an excellent resource for anyone doing any research project. Go up to her and ask her about the various library resources if you dare.



Our **educational technology team** may not have the Ant Man suit but they will give



Paul Rudd a run for his money in the small but mighty category. Over the course of a single summer break they managed to move ALL academic content for ALL courses M1-M4 in time for the M3s to start clerkships in July. **Jason DiNardi** and **Owen Williams Jr.** stand up and take a bow.

As the fourth years begin to disperse across the country on away rotations we would like to thank **Peggy Saul**. Without you I'm not sure any of us would have gotten all the medical forms we needed to complete our VSAS applications. You were the calm and courteous when we were all freaking out because the form we just emailed you had to be in yesterday. Young ones you may not know who Peggy is now but she will be there when you need her.

LCME Update

by Lydia Bunker

The LCME Independent Student Analysis is complete! The 34 page report will be read by the LCME Site Visitors, and is an important part of the reaccreditation process. An **Executive Summary** was sent out to students at the end of July, highlighting some of the findings. Areas of strength included our excellent clinical curriculum, student health services, the new Clinical Skills Center, and student safety. Student also noted some areas for improvement, such as study space, the student gym, career advising, and research opportunities.

All of our Deans have read the ISA cover to cover, and will be using your feedback to guide future improvements to the School of Medicine. Hopefully you've already noticed some **big changes** - expanded library hours, major library renovations to increase study



space, the rollout of the House Advisory Dean and Peer Mentor programs over the past year, and a new gym is being designed at Skyline!

The LCME Site Visit is February 28th - March 3rd. **If you'd like to be involved as a tour guide or sit on a student panel**, please email Lydia: lydia_bunker@nymc.edu.

Class Updates



Class of 2019

by Paul Jeong

Since everything is new to you, there aren't any updates to give. Instead, here are some tips from someone who successfully survived through first year.

1. Go out and have fun. First year, in general, is going to be the year when you have the most free-time. Take advantage of it! Don't spend all your time in your room, library, or the mods studying. Go outside, explore the area, get to know your classmates, and pursue your interests! I certainly regret not going down to the city as often as I would have liked. So don't have regrets. Do all the fun things you can!

2. Learn how you study best early on. Granted, the way you study is going to change from course to course,

but try to figure out what works for you in the beginning of the course. Yes, studying is boring. Yes, studying sucks. But **make studying fun somehow**: draw your own pictures, fill the whiteboards in the mods with pathways and diagrams, use flash-cards, make up your own mnemonics, or study in a group and quiz each other. Do whatever you can to make what you're studying interesting. If it's interesting, it'll stick.

3. Explore your interests. There are so many different interest groups and clubs at NYMC, which you'll see at the club fair in the beginning of the year. Join all the clubs that you are interested in (disclaimer: you may get bombarded with emails but it's worth it). If you don't see something you want, get

a group of people with similar interests and make your own club!

4. Most importantly, make good friends. Have a support system. Suck at waking up in the morning? Have your friend wake you up. Keep forgetting your schedule? Have a friend remind you. Need to vent? Talk to your friend. Medical school isn't easy and if you try to do it all alone, it's going to be close to impossible. We are all here to achieve the same goal. So help each other out and get through medical school together.

Have an awesome first year!

-Your Student Senate

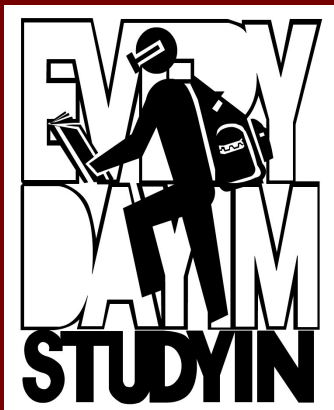


Class of 2018

by Paul Jeong

Welcome back everyone!

We can officially call ourselves **MS2's**! We hope you had a great summer and are ready to buckle down once again for a "fun"-filled year.



Here are a few things you might not have been aware of:

More study space!: Thanks to Marie Ascher, the library is being renovated to fit more study space. Yay!!

LCMS+: DCDB is no more. LCMS+ has come to replace it. It is supposed to be bigger, better, faster, stronger, but it isn't without fault. Please contact Jason Dinardi if you run into issues or have any technical questions.

UWorld Step 1 QBank discount: Adam Gordon has been in contact with UWorld to get us a discount. He will let us know how to submit the payment as the semester starts.

NYMedTalks: The annual New York Med Talks is scheduled to be held on Friday, April 8th. This is an event that we as a class is holding. We have to start thinking about the speakers that we want to invite. Please email suggestions to Stephen_Shapero@nymc.edu

In other news, we have a class below us now! Let's be the best examples we can be and show them how awesome we are! We know how confusing and crappy first year can be at times, so let's help them have the best experience possible at NYMC!

We are so proud to be able to call all of you our classmates and we look forward to working with all of you for another year. Let's have a great year!

-Your 2018 Class Senators

Class of 2017

by Henry Feng

Welcome to 3rd year!

We hope all of you have transitioned and settled into your current rotations. We are finally free from the chains that bind us to the MEC and found ourselves in the midst of what we thought medical school was all about - being part of a patient's care.



Many developments are on the way:

The NYMC library is undergoing much renovation, virtually and physically thanks to the efforts of the library staff and Marie Ascher, the new director. You may have seen the construction or noticed the numerous resources added to the library website. I urge you to click around and see what resources will enhance your own learning style for our rigorous curriculum. If you need help, please contact the library staff.

The LCMS+ website has been introduced to our clerkships. Granted, many glitches have already been discovered, but keep in mind the efforts of Jason DiNardi and Owen Williams to rectify any technical problems. For any technical issues with LCMS, please let them know.

Step 2 CK Discount: Henry Feng is currently working on getting Step 2 CK for all of you at a discounted price. He

and the others are working diligently with the necessary faculty and UWorld.

In a more personal tone, we'd like to express how honored we all are to be starting our 3rd year with you. We all have our individual memories of our classmates, what it was like meeting each other in the first year, and reminiscing on how far we've come. Being upperclassmen now, it is important to spread positivity about your course through these past few years, not only among our class but also to the new incoming class of 2019.

Recall the adjustments, hardships, and questions you may have had and do your best to help them out, along with other medical students who may be in need. Starting medical school is not a simple act - spread positivity and make sure that the first-years start bright-eyed and eager to learn.

-Your 2017 Class Senators

Class of 2016

by Alyssa Simeone

Happy 4th year Class of 2016!

We hope you are all having a wonderful start to the final year of medical school, whether that be studying for Step 2, or embarking on away rotations for your desired specialty. Either way, we are excited to be at this point in our medical school careers with you and look forward to one last year together!

Here are some brief updates:

ERAS: Don't forget to fill in a little at a time throughout the summer so you are not overwhelmed come September 14th! And good news! You will be able to use your yearbook photo for ERAS because the amazing people working in Student Affairs have agreed to upload each student's picture.

Letters of Recommendation: Did letter writers send letters to Student Affairs before ERAS changed the rules?! Unfortunately, Student Affairs is not allowed to upload those letters, but here is how you can get those letters into ERAS. Log onto ERAS and still send the new form to the old letter writers. If the letter writer no longer has a copy of their letter, they can contact Student Affairs to get a copy scanned to them. Any questions?! --- just ask!

Brookdale: Rotating at Brookdale this year?! Concerned about how you will get to the hospital?! NYMC has a shuttle that brings students from the New Lots Ave train station to the hospital! This Blue Dodge Minivan is constantly driving back and forth for our convenience! Check it out!

Yearbook: Did everyone receive their photos?! Don't forget to choose one for the yearbook. In addition, if you have photos you've taken over the past 3 years, send them to nymcyear-book2016@gmail.com.

As always, feel free to contact us with any questions or concerns! Cheers!

-Your 2016 Class Senators



Class of 2019 Senators?

Class of 2019 if you are interested in **representing your classmates**, there are some important dates you need to be aware of!

8/17: Deadline to nominate yourself or a classmate (Send nominations to Steve:
Stephen_Shapero@nymc.edu)

8/24: Speeches to your classmates

8/24-28: Voting online

8/30: New Senators Welcome Event

9/01: First Senate Meeting

What does being a senator entail? Stay tuned....

Any questions about what being a senator means? Contact Paul: Seung_Jeong@nymc.edu

GET INVOLVED!
-For M2, M3, M4

[Apply to be a Course Rep or a Subcommittee Member!](#)

8/12: Applications Open for Course Representatives and Subcommittees (Student Wellness Committee, IT Committee, Education and Curriculum Committee Representatives)

8/19: Applications Close for Course Reps and Subcommittees

8/23: Course Reps Announced

9/01: Student Speeches at Senate Meeting for Subcommittee Member Selection

M1's your chance to get involved in these leadership opportunities will come at a later date (after senate elections).

If you have any questions, please email Lydia:
lydia_bunker@nymc.edu.

Meet Your Student Senate!

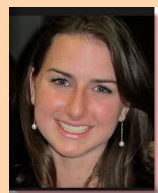
Class of 2016 Senators



Jessica Kumar



Kelvin Luu



Alyssa Simeone



Josh Sterling
[President]



Oded Tal

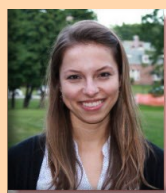


Sarah
Hochendoner

Class of 2017 Senators



Zaza Atanelov



Lydia Bunker
[Vice President]



Henry Feng



Qais Karim



Jessica Oh

Class of 2018 Senators



Amanda Feeney



Jake Feldman



Adam Gordon



Seung (Paul) Jeong
[Treasurer]



Stephen Shapero
[Secretary]

Find out more about the NYMC student senate at: <http://www.nymc.edu/medical/senate/>

If you have any questions about student senate, please email Stephen_Shapero@nymc.edu

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